

1942

## Iowa Goes "All Out"

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Iowa  
Goes  
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*Farm activities this summer will emphasize co-  
operation, according to Catherine Tidemanson*

IOWA women, realizing that they must do their part if food is to win the war, have gone all out for defense with their plans for victory gardens and home canning projects. As a part of the Iowa Cooperative Extension Service's plan for educating farm people in war food production, 14,000 volunteer women leaders will head discussion groups in an attempt to coordinate the efforts of homemakers.

These unpaid educational cooperators aim to improve family efficiency through more effective home management and through improved nutrition, which will result in better health. Included in the discussions will be raising garden produce and poultry.

Women won't be alone in this project. Whole families will cooperate as men and women meet together to make this food production act a family enterprise. At present there is one man and one woman cooperator for every 16 Iowa farms.

The available garden seed supply has been increased by 25 percent. Women who are beginning to plant their victory gardens know that they not only are assuring more adequate nutrition for their families but that they are leaving commercial supplies of the fresh and canned foods open for government use.

The Iowa Extension Service estimates that a farm family of four can be fed for a year if it has a garden to supply fruits and vegetables, two cows for the milk supply, two hogs, one beef and 60 chickens to provide meat and poultry, and 25 hens. The garden should

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provide the vegetables plus potatoes and the fruits necessary for the adequate daily dietary and leave enough for preserving.

No fruit will rot under trees and no vegetables will be left in the gardens of these patriotic women. Canning, freezing or some sort of storage will bring the summer-gathered minerals and vitamins to the winter menus.

Cooperative refrigerated lockers have been a boon to Iowa families for several years. This year they will have increasing importance as a means of preserving the produce, but trips to them will be planned carefully to save tires.

Canning usually is a one-family project, but homemakers will be cooperating this year. A limit on the purchase of pressure cookers plus the fact that few families now own them stimulated many communities to set up a center equipped with a cooker which all women might use. Others will cling to their satisfactory boiling-water bath or open kettle methods for everything except meats and non-acid vegetables.

Now there are available glass jars and enough tin for some farm canning, but next fall the Iowa homemaker will doubtless begin using quantities of canned and glassed fruits and vegetables.

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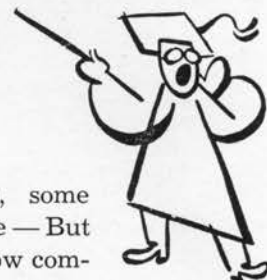
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